

Wellness

CAMPUS



MODULE 4 GO FOODS



GO FOODS

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Go foods contain **carbohydrates** and **fats** that give our bodies the energy we need to meet the demands of our more active lifestyles.



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The more active we are, the more calories we need. The main source of calories in our diet comes from Go foods.



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Weight management is actually managing the amount of calories we take in and the amount of calories we use up (or "burn") through day-to-day activities and exercise.



GO FOODS

If your calorie intake is consistently higher than the calories you burn (i.e. you are not very active) you will tend to gain weight.



GO FOODS

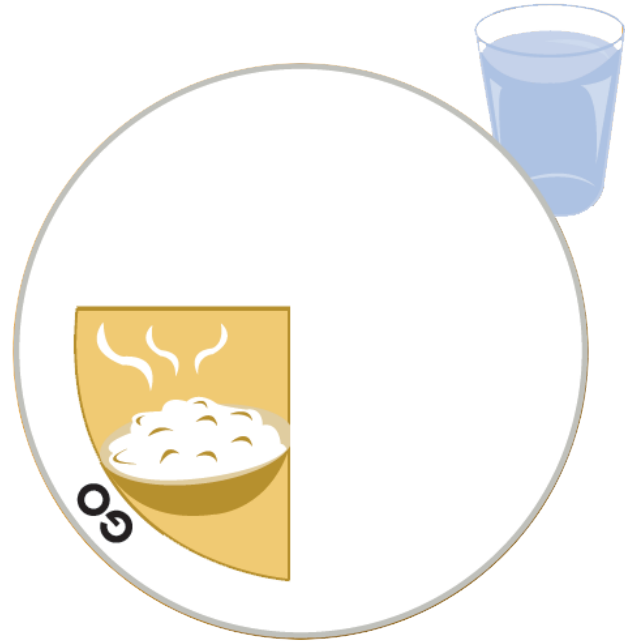
If your calorie intake is consistently higher than the calories you burn (i.e. you are not very active) you will tend to gain weight.

On the other hand, if your calorie is consistently lower than the calories you burn (i.e. you are very active) you will tend to lose weight.



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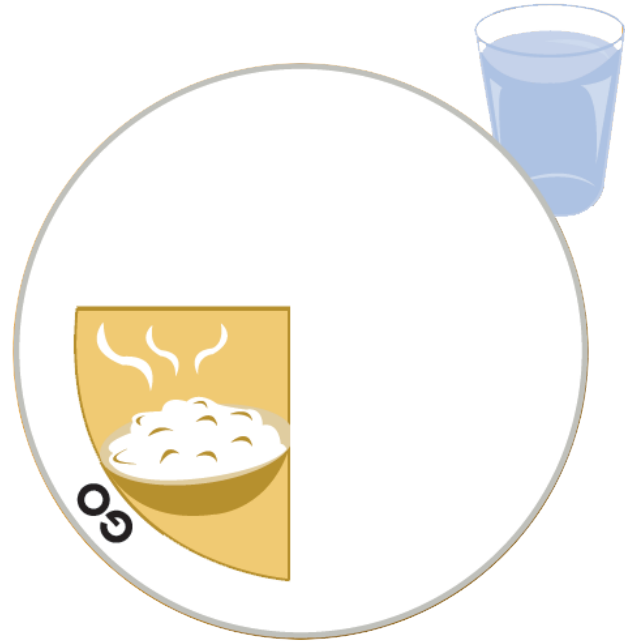
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Examples of Go foods are rice, bread, corn, pasta, noodles, *kakanin* and *kamote*.



GO FOODS

Different kinds of Go foods contain different nutrients.



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We should eat different kinds of Go foods so that our bodies get more nutrients.



GO FOODS

When we choose Go foods that contain other nutrients, we not only get energy, but additional vitamins, minerals and fiber.



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For example:

Potato chips, cake, *pansit* and *kamote* are all energy-providing snacks, but *kamote* also has vitamins for good eyesight and *pancit* has vegetables for added vitamins and minerals.



GO FOODS

When we choose Go foods that contain other nutrients, we not only get energy, but additional vitamins, minerals and fiber.

For example:

We can eat white rice or brown rice during meals, but brown rice contains more fiber, which helps us to feel full.

Fiber helps in regular bowel movement.



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When we choose Go foods that contain other nutrients, we not only get energy, but additional vitamins, minerals and fiber.

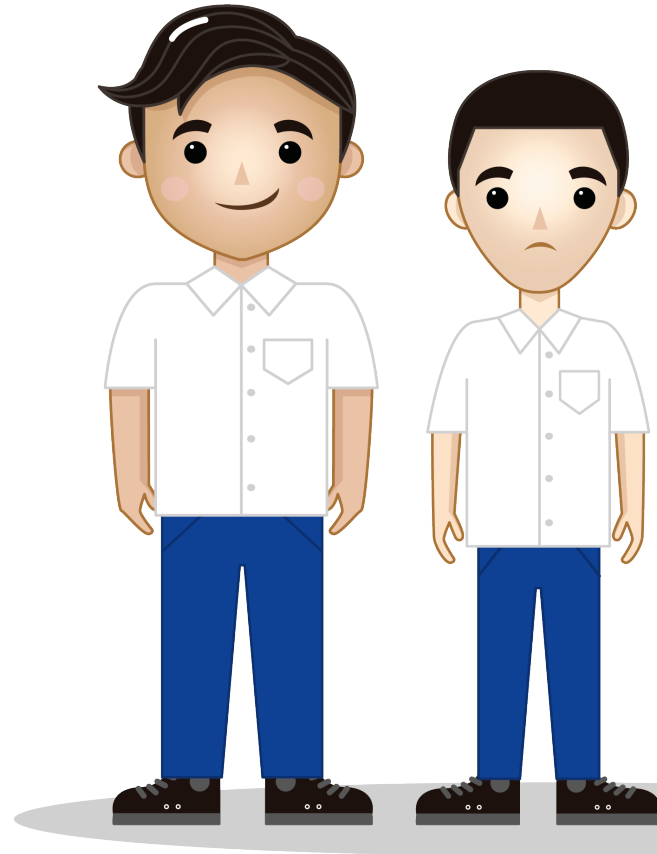
For example:

We should also go for whole grain products such as oatmeal and corn on the cob, which contain fiber, vitamins and minerals.



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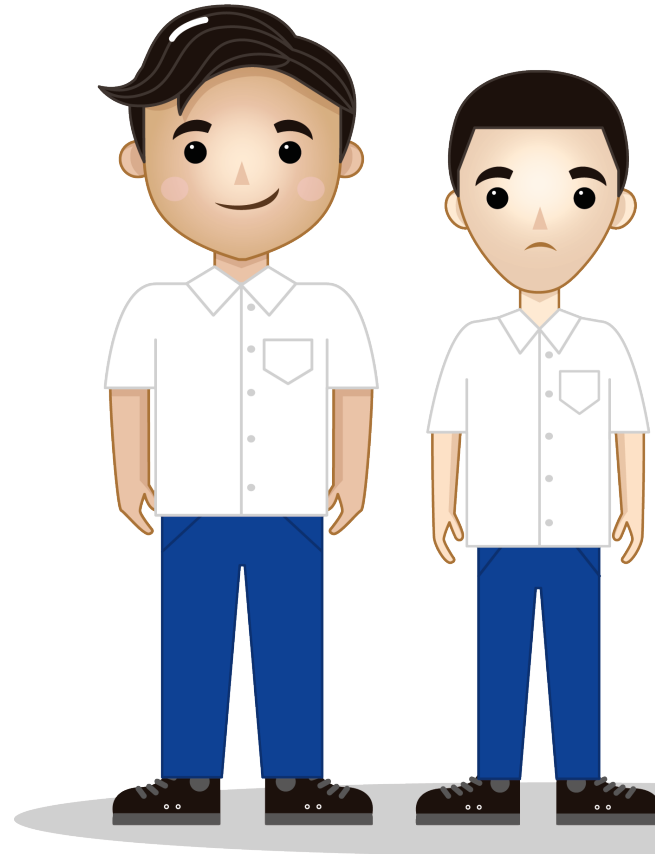
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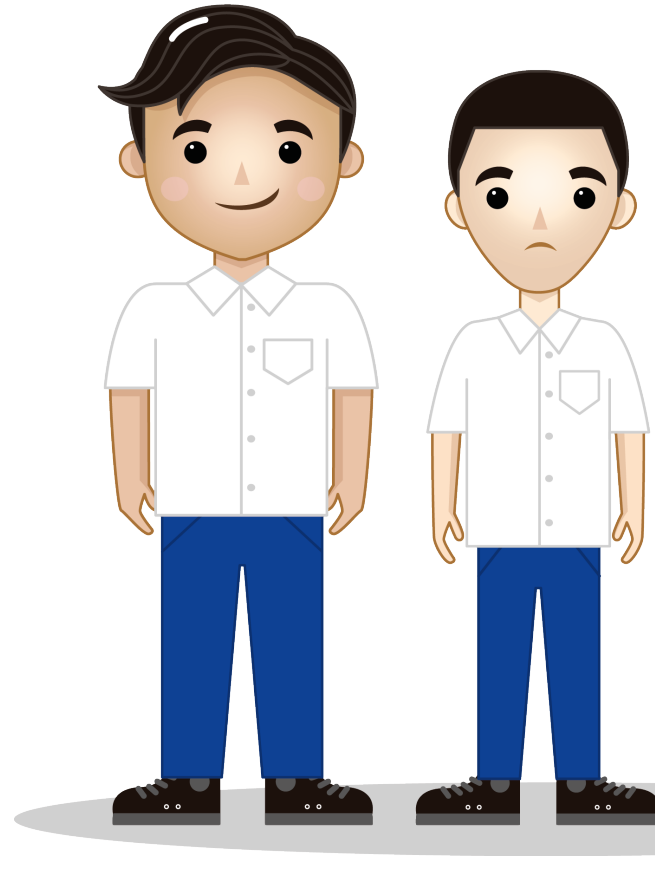
- One sign of undernutrition is being underweight.



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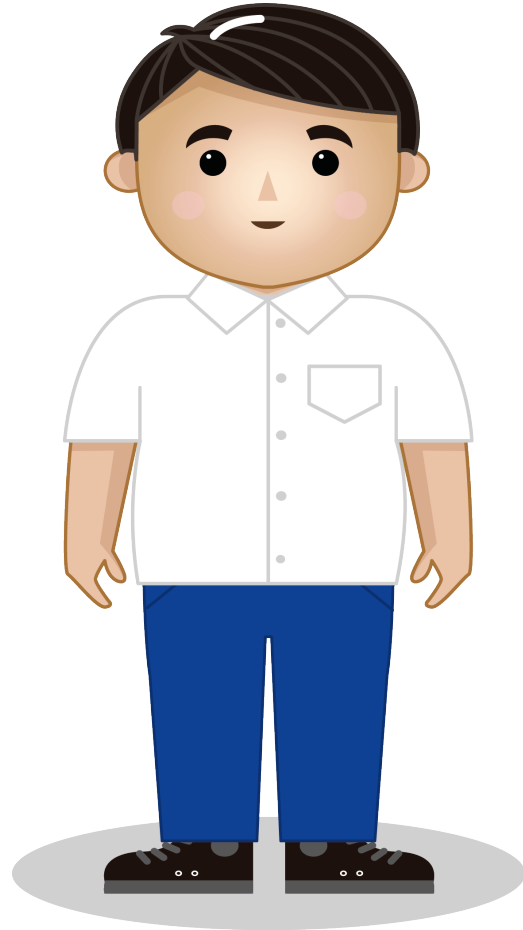
Too little intake of energy-containing foods over an extended period of time leads to undernutrition.

- One sign of undernutrition is being underweight.
- Undernutrition also leads to stunted growth, delayed development, and proneness to infection.



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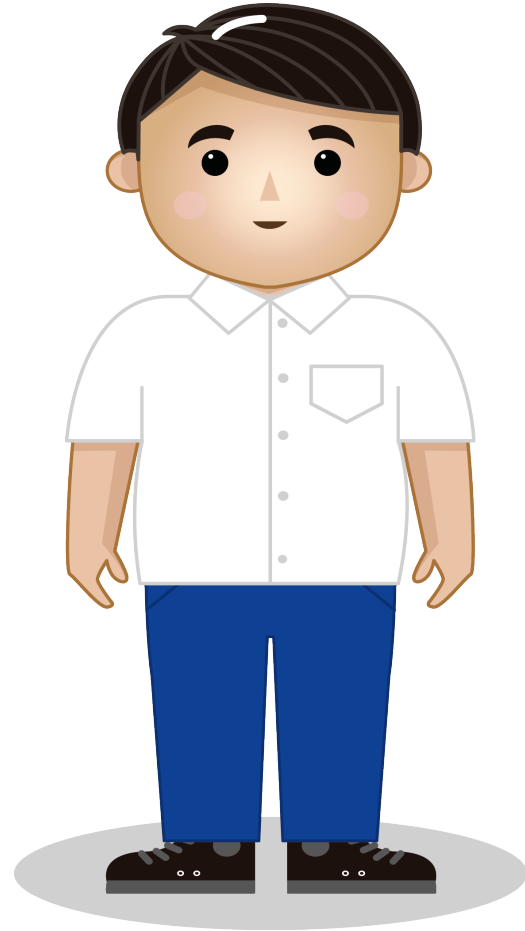
On the other hand, too much intake of energy-containing foods over a long period leads to overnutrition.



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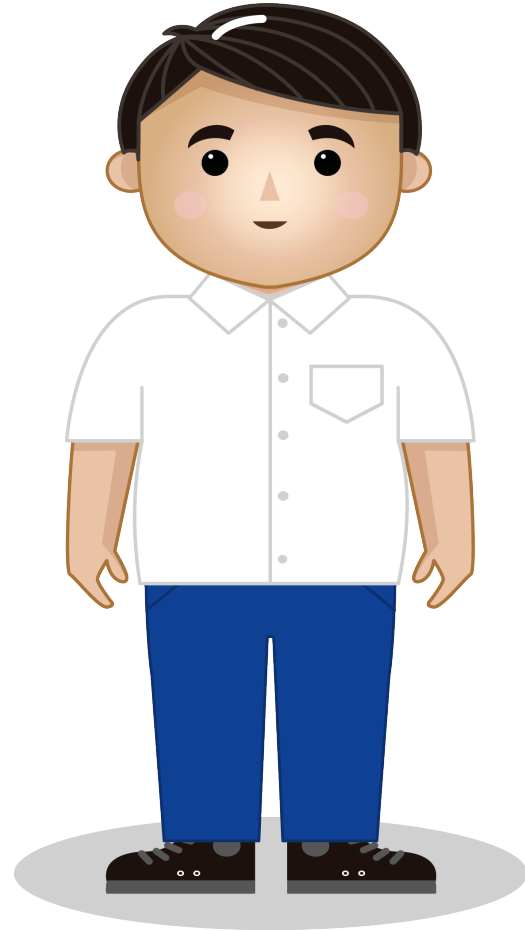
- One sign of overnutrition is being overweight.



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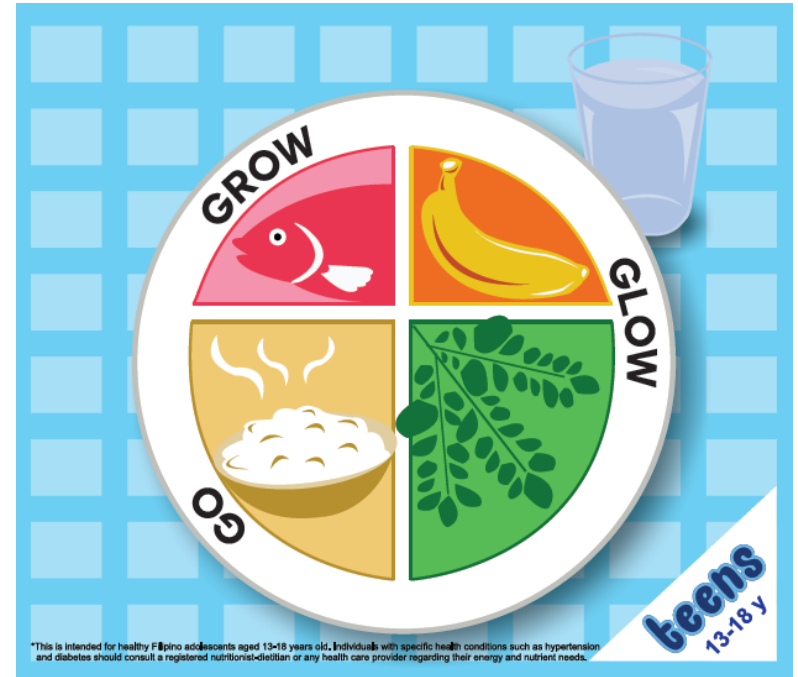
On the other hand, too much intake of energy-containing foods over a long period leads to overnutrition.

- One sign of overnutrition is being overweight.
- Individuals who are overweight have a higher risk for heart disease or diabetes.



GO FOODS

One of the strategies to address undernutrition and overnutrition is to follow the **Pinggang Pinoy[®]** guide for proper portions and types of food.



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Furthermore, those who are underweight should engage in physical activity to help build strong bones and muscles.



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Those who are overweight should increase physical activity to burn calories and manage weight.



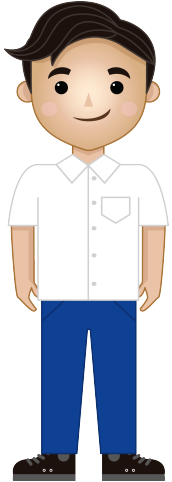
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Males

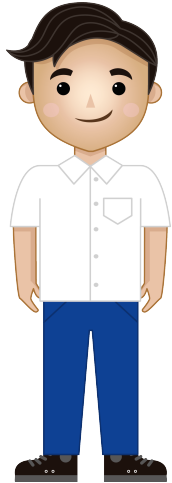


- 2 cups of cooked rice
- 8 pieces of small pandesal
- 8 slices of small loaf bread
- 2 cups of cooked noodles
- 2 medium pieces of root crop (e.g. kamote)

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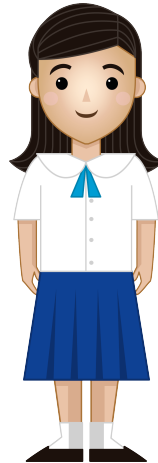
Adolescents should aim to eat any of the following portions with each meal:

Males



- 2 cups of cooked rice
- 8 pieces of small pandesal
- 8 slices of small loaf bread
- 2 cups of cooked noodles
- 2 medium pieces of root crop (e.g. kamote)

Females



- 1.5 cups of cooked rice
- 6 pieces of small pandesal
- 6 slices of small loaf bread
- 1.5 cups of cooked noodles
- 1.5 medium pieces of root crop